

## THE SPA AT KESWICK HALL



# Opening Spa Menu - Summer 2022

### ADVANCED SKINCARE TECHNOLOGIES

#### Hydrafacial 90, 60, 30 (\$395, \$295, \$195)

A results-driven refining and hydrating facial incorporating Hydradermabrasion, a gentle peel and a potent infusion of antioxidants, as well as LED light therapy (90 minute session only). Glowing skin with no discomfort or downtime, perfect before your special event.

#### ReGen GF enhancement (\$40)

Boost your Hydrafacial with this potent serum which increases collagen and elastin production and diminishes the appearance of fine lines

### FACIAL CARE FRESH FROM THE FIELD

#### Rose Diamond Radiance Facial 90, 60 (\$355, \$240)

##### - Add a Hydrafacial Enhancement (\$100)

The power of nature synergistically combines with cutting edge science in this transformative facial. High-performance products, clinically proven to fade imperfections and restore luminosity to the skin are paired with a double exfoliation and intense lifting massage to transform your skin. Diamond dust-rich, velvety and ultra-hydrating, this is luxury skincare at its best.

#### Intuitive Lifting Facial 90, 60 (\$320, \$215)

##### - Hydrafacial Enhancement (+\$100, no extra time)

(Includes Foreo UFO and Nuface)

Highly customizable based on your skincare needs and goals, this deep-cleansing facial includes targeted masking to decongest, brighten and hydrate the skin. Cryo-thermal technology optimizes product efficacy whilst microcurrent, lymphatic drainage and acupressure massage synergistically combine to firm, lift and energize the skin.

#### Adaptogenic Age Optimizing Facial 60/90

(\$305, \$205)

##### - Nuface Enhancement (+\$30, no extra time)

The latest advances in plant-based stem cell and biotech science are harnessed to interrupt aging at its source. Antioxidant and adaptogen-rich tree barks, mosses, ferns, lichens, mushrooms and other locally-inspired botanicals counteract the negative impacts of blue-light from excessive device time, pollution and other environmental stressors. Detoxify, calm and reset the skin's natural circadian clock in a skin wellness experience thoughtfully personalized to you.

#### High Performance Facial 90, 60 (\$320, \$215)

##### - NuFace Enhancement (+\$30, no extra time)

A deep cleansing treatment, combining results-driven plant actives with nourishing ingredients to clear pores and restore the skin. Incorporates Foreo T-Sonic hyper-infusion technology to supercharge your facial and create brighter, firmer skin.

#### Enhancements

##### - Collagen Gemstone Mask for eye/lip/face

(starting at \$25)

##### - Lightstim LED (\$45) - Microcurrent (\$30)

### MASSAGE EXPERIENCES ROOTED IN NATURE

#### Intuitive Massage 90, 60 (\$290/\$195)

A relaxing and restorative blend of holistic modalities, tailored to your individual needs.

#### Plant Powered Massage 90, 60 (\$305, \$205)

Relieve aching joints and muscles with this therapeutic session incorporating hot adaptogenic herbal compresses, steamed aromatic towels and firm pressure. A deeply relaxing, detoxifying experience.

#### Pre-Natal Massage 90, 60 (\$290/\$195)

A soothing session to release tension, replenish energy and ease the body.

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### MASSAGE EXPERIENCES ROOTED IN NATURE

#### **Deep Sleep Massage 90, 60 (\$290, \$195)**

Warmed aromatic oils and potent plant extracts create a deeply relaxing experience to promote better sleep quality.

#### **Couple's Intuitive Massage 90, 60 (\$290/\$195 per person)**

Enjoy all the benefits of our Intuitive Massage side by side.

#### **Sports Performance Massage 90, 60 (\$305/\$205)**

Targeted therapies, including percussive therapy, deep tissue massage and facilitated stretching to help improve pre-game performance or stimulate accelerated healing and reduce soreness post-workout.

#### **Enhancements**

- Percussive therapy (\$20) - Reflexology (\$20)
- Hot Stone (\$20)

### BODY THERAPY EXPERIENCES

#### **Nurture with Nature Ritual 90 (\$335)**

Deep health lies in returning to nature. Ripe, antioxidant-rich berries, immune boosting mushrooms and a bounty of other essential botanical ingredients combine to give face and body a rush of wellness.

#### **Herbal Alchemy Ritual 90, 60 (\$300, \$205)**

Relief, comfort and deep nourishment to strengthen and repair all skin types. aroma-therapeutic blend lightens and elevates the spirits while restoring a supple, healthy glow to the whole body.

#### **Immune Recovery Revitalising Ritual 90 (\$290)**

Purify, invigorate and destress the system. A Himalayan salt breathing ritual and stimulating lemon, eucalyptus, juniper and fennel full body scrub restore energy and vigor. Meridian massage and the application of soft silicone cups improve blood flow, relieve pain and boost the immune system.

### SALON EXPERIENCES

#### **Luscious Lemon Manicure (\$65)**

A hydrating, skin brightening total tune up for the hands. This restorative treatment will replenish dry or dull skin, leaving it soft and supple.

#### **Nurture with Nature Manicure (\$65)**

A bounty of essential botanical ingredients combine to purify, exfoliate and hydrate, restoring the hands and arms to their optimal state.

#### **High Performance Manicure (\$65)**

Deep cleanse and soothe fatigued hands with a sequence of therapeutic herb and arnica-infused products. Ideal to ease muscle ache in the hands and forearms from the demands of sport or technology.

#### **Luscious Lemon Pedicure (\$90)**

A total refresh for the feet. A cleansing soak, thorough exfoliation and restorative herbal balm leave the legs and feet energized and ready for whatever comes next in your day.

#### **Nurture with Nature Pedicure (\$90)**

A bounty of essential botanical ingredients combine to purify, exfoliate and hydrate, restoring the feet and legs to their optimal state.

#### **High Performance Pedicure (\$90)**

Refresh and relieve fatigued legs and feet with a sequence of therapeutic herb and arnica-infused products. Ideal to ease the muscle aches that are the natural result of an active lifestyle.

#### **Enhancements**

- Plant Collagen hand or foot mask (\$20)

**Shampoo/Blow Dry (\$75 and up depending on style request)**